

## INGREDIENTS

1oz	Fresh yeast	25g
12fl oz	Warm water	350ml
1 tablet	Vitamin C	25mg
½oz	Lard	15g
1½lb	Strong white flour	600g
2 teasp	Salt	2×5ml
1 teasp	Sugar	5ml

## METHOD

- 1 Blend the fresh yeast in the warm water. Crush vitamin tablet and add to the yeast liquid.
- 2 Rub the lard into the flour, salt and sugar. Add the yeast liquid and mix to a dough that leaves the bowl clean.
- 3 Turn the dough on to a lightly floured board or work surface and knead till smooth and elastic.
- 4 To shape dough into a cottage loaf, divide it into two pieces with one about a third bigger than the other. Shape both into rounds, place smaller one on top. Press handle of wooden spoon through centre of both pieces. If preferred, shape dough into rolls.
- 5 Place on baking tray and cover with oiled polythene. Leave loaves 40–50 minutes, rolls 25–30 minutes.

- 6 Brush top with beaten egg or dust with flour. Bake in a hot oven 450F (230C) Gas 8. Loaves bake for 30–35 minutes, rolls for 15–20 minutes.

## Soda bread

Quick to make as no rising time is needed. Use either strong white flour or half strong white, half wholemeal. If you use buttermilk, reduce the cream of tartar by half

## BREAD

Makes 1 loaf

Overall timing 1 hour

Equipment Bowl, baking tray

## INGREDIENTS

1lb	Strong white or white and wholemeal flour	450g
1 teasp	Salt	5ml
2 teasp	Bicarbonate of soda	2×5ml
4 teasp	Cream of tartar	4×5ml
1oz	Fat	25g
9fl oz	Milk or buttermilk	250ml

## METHOD

- 1 Sift the flour, salt, soda and cream of tartar into a bowl.
- 2 Rub in the fat and add enough milk to make a soft dough. Turn the mixture on to a floured board or work surface and knead lightly for a minute.
- 3 Shape into a ball and place on a greased baking tray. Mark with a cross, cutting almost to the base of the dough.
- 4 Bake at 425F (220C) Gas 7 for 40–50 minutes till well risen, lightly browned and firm underneath.

Below: 1 Wholemeal loaves, round, rolls and flower pot; 2 White plait with poppy seeds, small loaf; 3 Black round (recipe page 286); 4 Soda round; 5 Rolls with cumin; 6 Quick cottage loaf; 7 Milk rolls and shapes

